

A man with short brown hair and a focused expression is shown from the chest up, working out on a gym machine. He is wearing a blue tank top. The machine has silver metal poles. The background is a light gray wall. There are orange decorative shapes on the left and right sides of the image.

# *Assembly & Owner's Guide*



**ST720**  
MULTI-PRESS



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# *Assembly & Owner's Guide*

## **ST720 MULTI-PRESS**

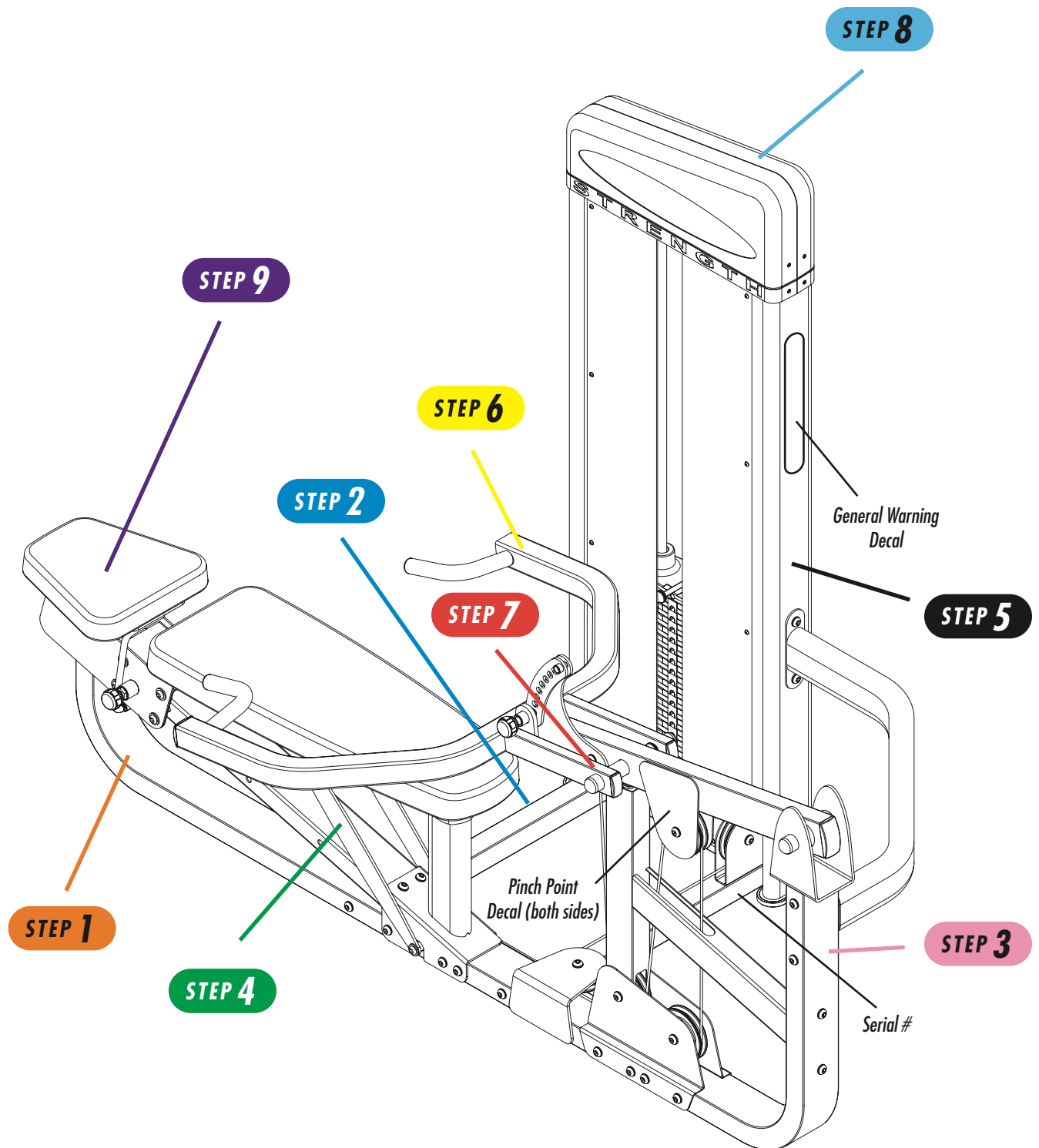
To avoid possible damage to this Multi-Press, please follow these assembly steps in the correct order. Before proceeding, find your new Multi-Press serial number located on the center floor support (AG2), and enter here:

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Refer to this number when calling for service, and enter this serial number on your Warranty Card and in your own records. Be sure to read your Owner's Guide before using your new Multi-Press.

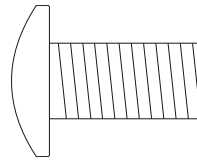
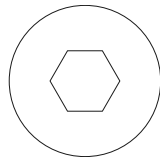
**If any parts, hardware or tools are missing, please call 1.800.335.4348, Extension 12**

**NOTE:** During each assembly step, ensure that ALL screws are in place and partially threaded in before completely tightening any ONE screw.

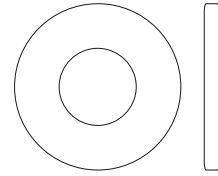


## HARDWARE INCLUDED

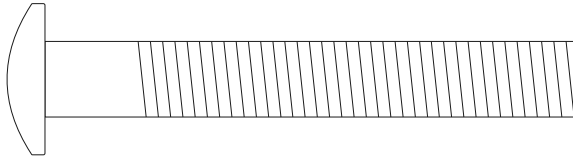
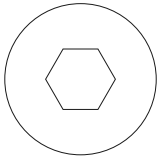
### ORANGE BAG



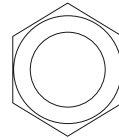
M10 x 20 Bolt  
Quantity: 2



10.2 x 22 x 2  
Flat Washer  
Quantity: 6

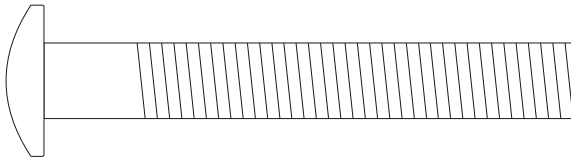
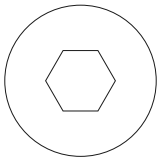


M10 x 70 Bolt  
Quantity: 2

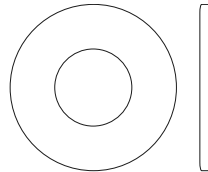


M10 Nylon Nut  
Quantity: 2

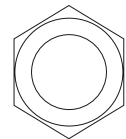
### BLUE BAG



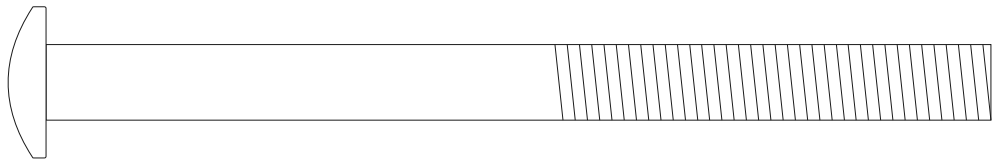
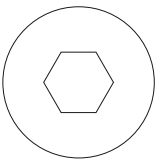
M10 x 70 Bolt  
Quantity: 4



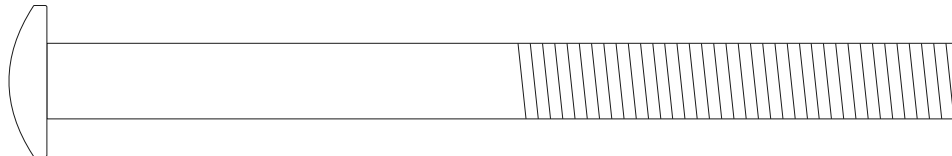
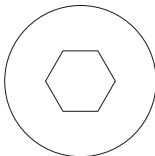
10.2 x 22 x 2  
Flat Washer  
Quantity: 18



M10 Nylon Nut  
Quantity: 9



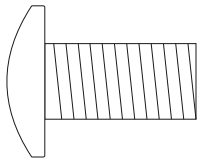
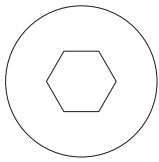
M10 x 125 Bolt  
Quantity: 3



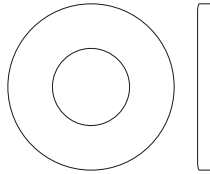
M10 x 120 Bolt  
Quantity: 2

## HARDWARE INCLUDED

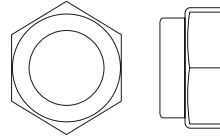
### PINK BAG



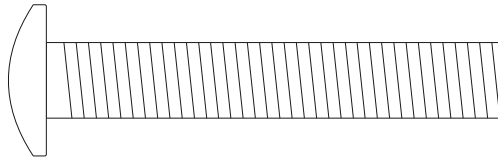
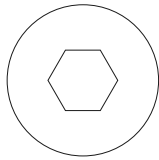
M10 x 20 Bolt  
Quantity: 2



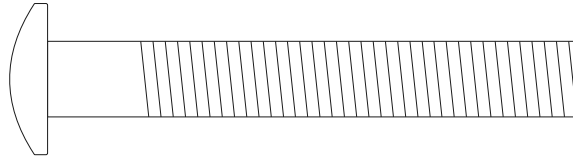
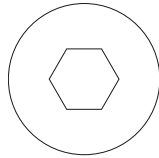
10.2 x 22 x 2  
Flat Washer  
Quantity: 22



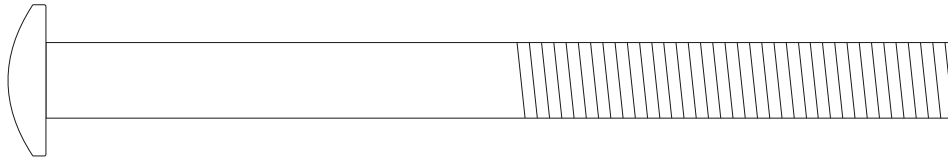
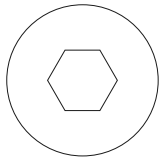
M10 Nylon Nut  
Quantity: 10



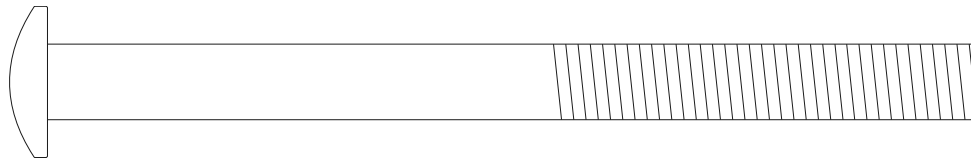
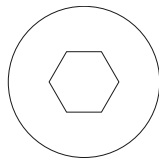
M10 x 60 Bolt  
Quantity: 2



M10 x 70 Bolt  
Quantity: 2



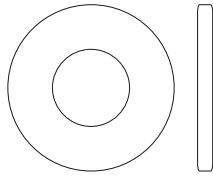
M10 x 120 Bolt  
Quantity: 2



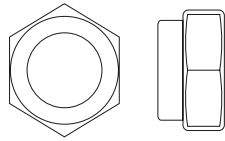
M10 x 123 Bolt  
Quantity: 4

## HARDWARE INCLUDED

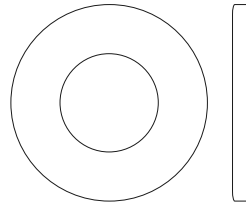
### GREEN BAG



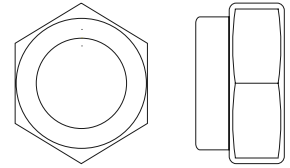
10.2 x 22 x 2  
Flat Washer  
Quantity: 2



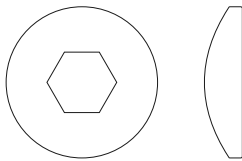
M10 Nylon Nut  
Quantity: 1



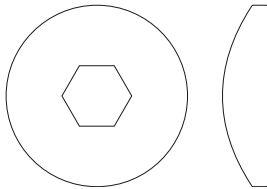
13 x 26 x 2.5  
Flat Washer  
Quantity: 4



M12 Nylon Nut  
Quantity: 2

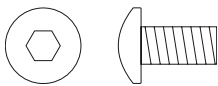


M10 x 140 Bolt  
Quantity: 1

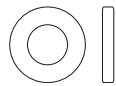


M12 x 152 Bolt  
Quantity: 2

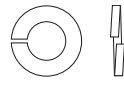
### BLACK BAG



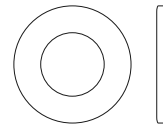
M5 x 10 Bolt  
Quantity: 24



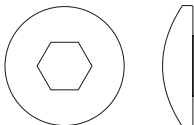
5.2 x 10 x 1.5  
Flat Washer  
Quantity: 24



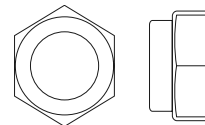
5.1 x 9.3 x 1.3  
Lock Washer  
Quantity: 24



8.4 x 15.5 x 1.6  
Flat Washer  
Quantity: 4



M8 x 62 Bolt  
Quantity: 2

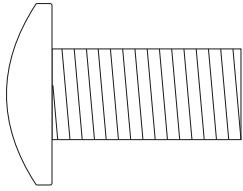
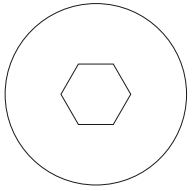


M8 Nylon Nut  
Quantity: 2

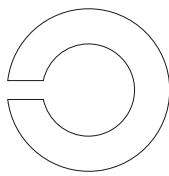


## HARDWARE INCLUDED

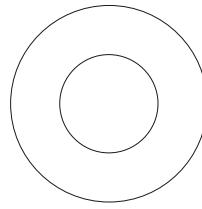
### YELLOW BAG



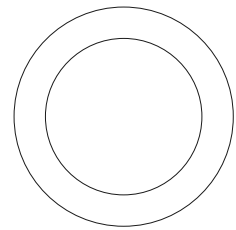
M12 x25 Bolt  
Quantity: 2



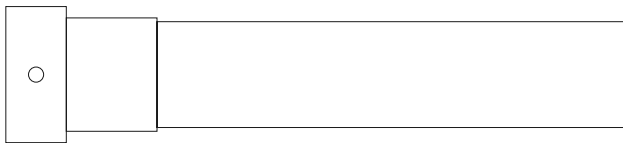
12.2 x 21.5 x 3  
Lock Washer  
Quantity: 2



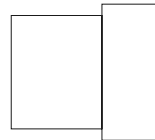
13 x 26 x 2.5  
Flat Washer  
Quantity: 2



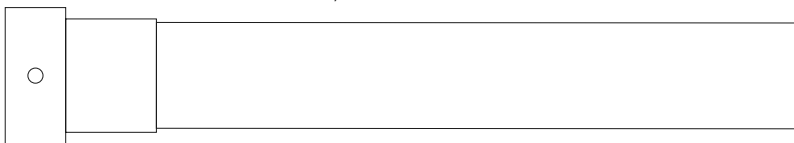
20.7x 29.1 x 0.3  
Wavy Washer  
Quantity: 1



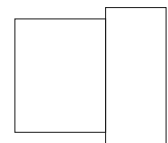
130mm Axle  
*illustration not to scale*  
Quantity: 1



Bushing (F10)  
*illustration not to scale*  
Quantity: 1

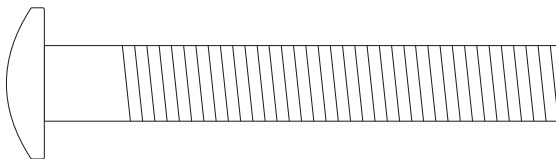
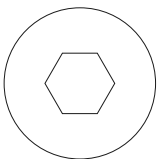


200mm Axle  
*illustration not to scale*  
Quantity: 1

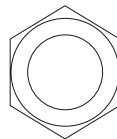


Bushing (D07)  
*illustration not to scale*  
Quantity: 1

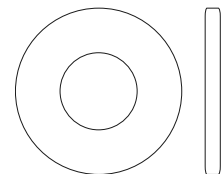
### RED BAG



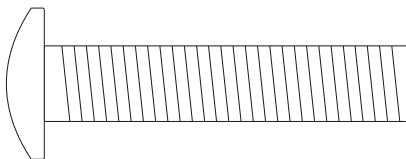
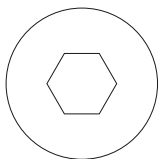
M10 x 68 Bolt  
Quantity: 1



M10 Nylon Nut  
Quantity: 3



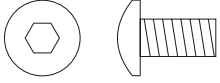
10.2 x 22 x 2  
Flat Washer  
Quantity: 6



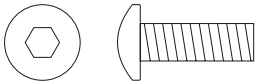
M10 x 48 Bolt  
Quantity: 2

## HARDWARE INCLUDED

### LIGHT BLUE BAG



M5 x 10 Bolt  
Quantity: 22

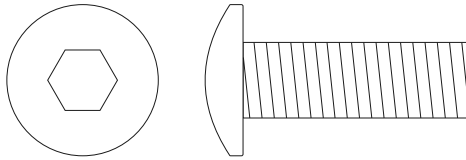


M5 x 15 Bolt  
Quantity: 6

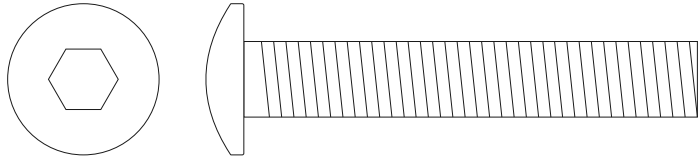


Slip-On Nut  
*illustration not to scale*  
Quantity: 2

### PURPLE BAG



M10 x 30 Bolt  
Quantity: 3

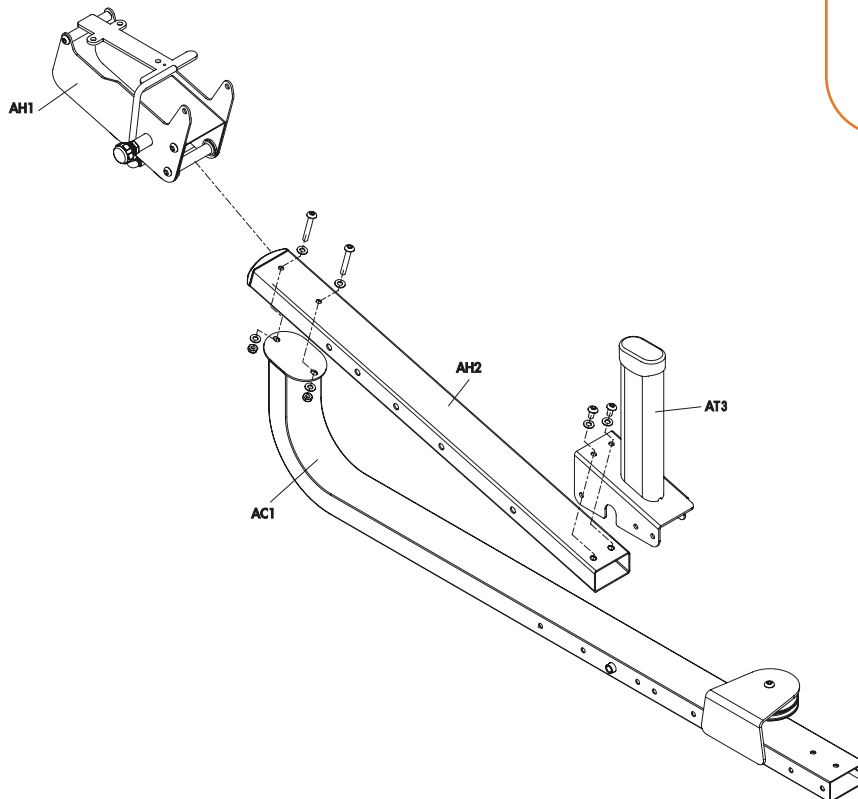


M10 x 60 Bolt  
Quantity: 2

## STEP 1

## ORANGE BAG

- Slide the sliding seat bottom assembly (AH1) onto the sliding seat support tube (AH2), rollers first. Disengage pull pin of seat bottom assembly until it locks into one of the range of motion holes in the support tube.
- Set main floor support (AC1) on the ground, with curved end up, and place sliding seat support tube so that holes in the end of the floor support line up with the holes on the sliding seat support tube. Attach using two bolts (M10x70), four flat washers (10.2x22x2), and two nylon nuts (M10).
- Place the seat back support post (AT3) over the opposite end of the sliding seat support tube (AH2), aligning the holes in all three frame sections. Thread two bolts (M10x20) and two flat washers (10.2x22x2) through top of seat back support post. Do not place any bolts through other holes, as it will be done in the following step!



## STEP 2

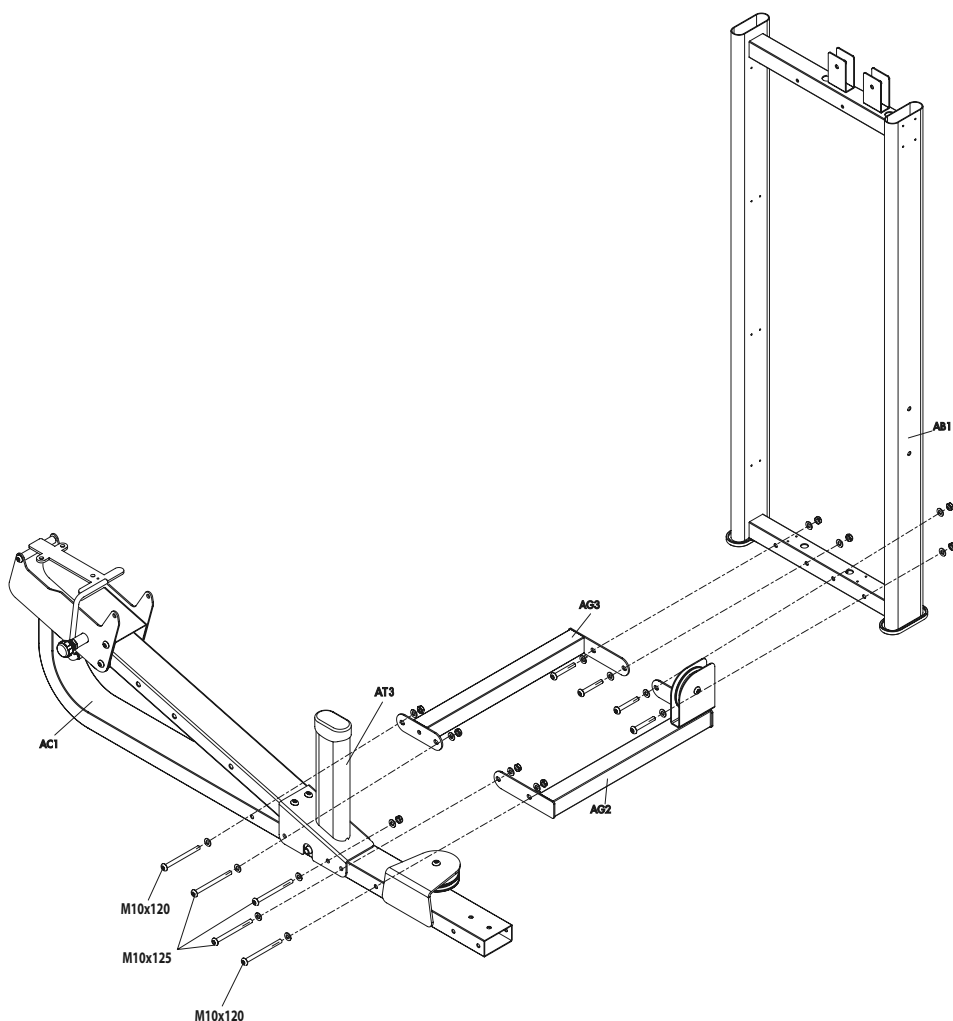
## BLUE BAG

- Slide a bolt (M10x125) and a flat washer (10.2x22x2) through the hole, right of center, on the seat back support post (AT3). Attach another flat washer (10.2x22x2) and a nut (M10) to the back side.

- Place the T-shaped end of center floor support (without pulley) (AG3) up against main floor support (AC1). Slide two bolts (M10x120 on the outside and M10x125 on the inside of the bracket) and two flat washers (10.2x22x2) through the holes. Slide another flat washer (10.2x22x2) onto each bolt and secure with two nylon nuts (M10).

- Grab the other center floor support (with pulley) (AG2) and slide the end without the pulley bracket up to holes next to where other center floor support (AG3) was just installed. Secure using two bolts (M10x125 on the inside and M10x120 on the outside of the bracket), four flat washers (10.2x22x2), and two nylon nuts (M10).

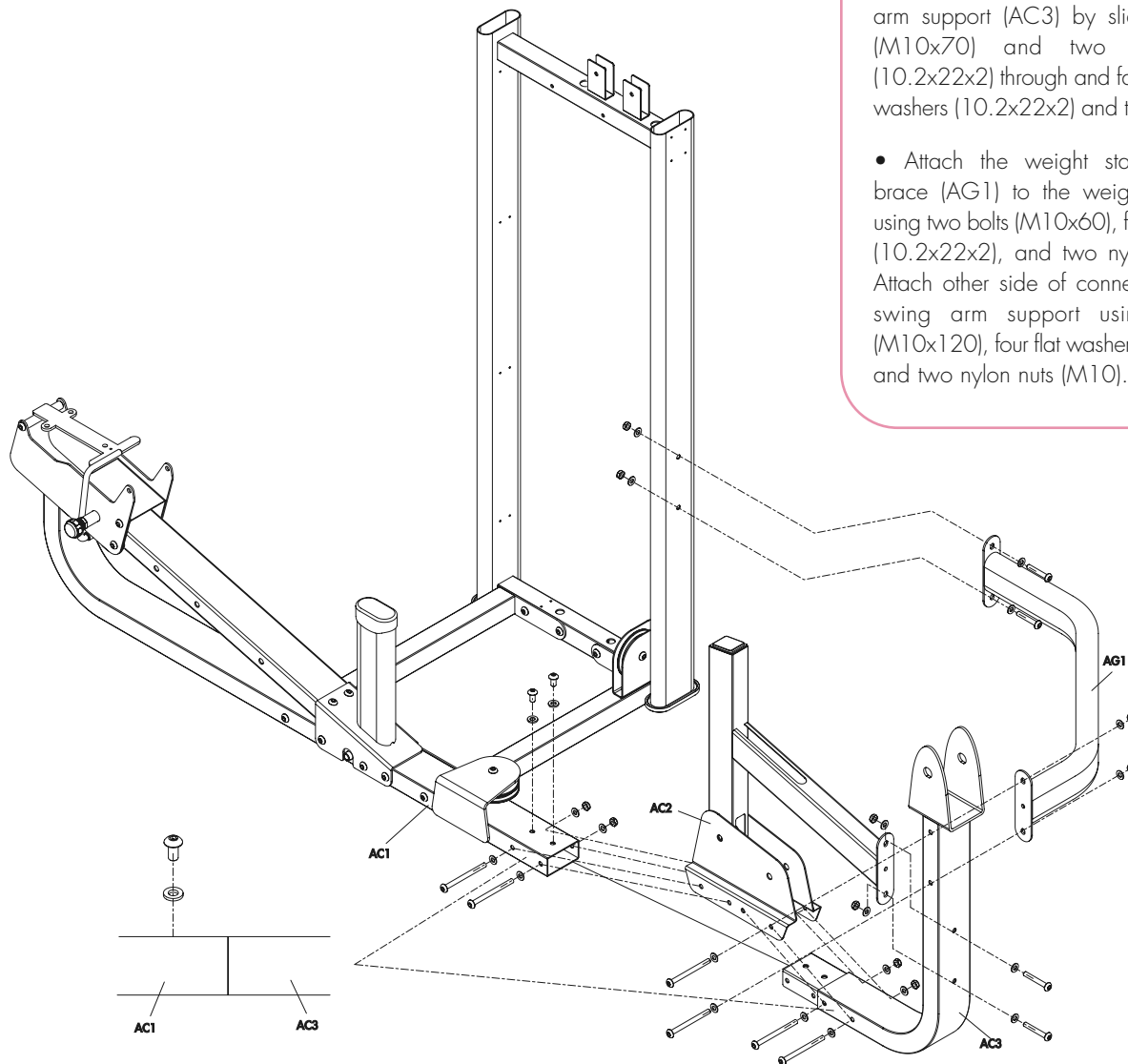
- Stand the weight stack tower (AB1) upright and place it against both center floor supports. Slide four bolts (M10x70) and four flat washers (10.2x22x2) through connecting holes, and secure bolts with four more flat washers (10.2x22x2) and four nylon nuts (M10).



### STEP 3

## PINK BAG

- Take the swing arm support (AC3) and insert into the end of the main floor support tube (AC1). Align holes in both tubes. Vertically insert and tighten two bolts (M10x20) and two flat washers (10.2x22x2).
- Place the swing arm pulley bracket (AC2) over the main floor support, aligning the holes along the intersection point of swing arm support (AC3) and main floor support (AC1). Secure in place using four bolts (M10x123), eight flat washers (10.2x22x2), and four nylon nuts (M10). Attach the rear bracket (AC2) to the swing arm support (AC3) by sliding two bolts (M10x70) and two flat washers (10.2x22x2) through and fastening two flat washers (10.2x22x2) and two nuts (M10).
- Attach the weight stack connecting brace (AG1) to the weight stack tower using two bolts (M10x60), four flat washers (10.2x22x2), and two nylon nuts (M10). Attach other side of connecting brace to swing arm support using two bolts (M10x120), four flat washers (10.2x22x2), and two nylon nuts (M10).

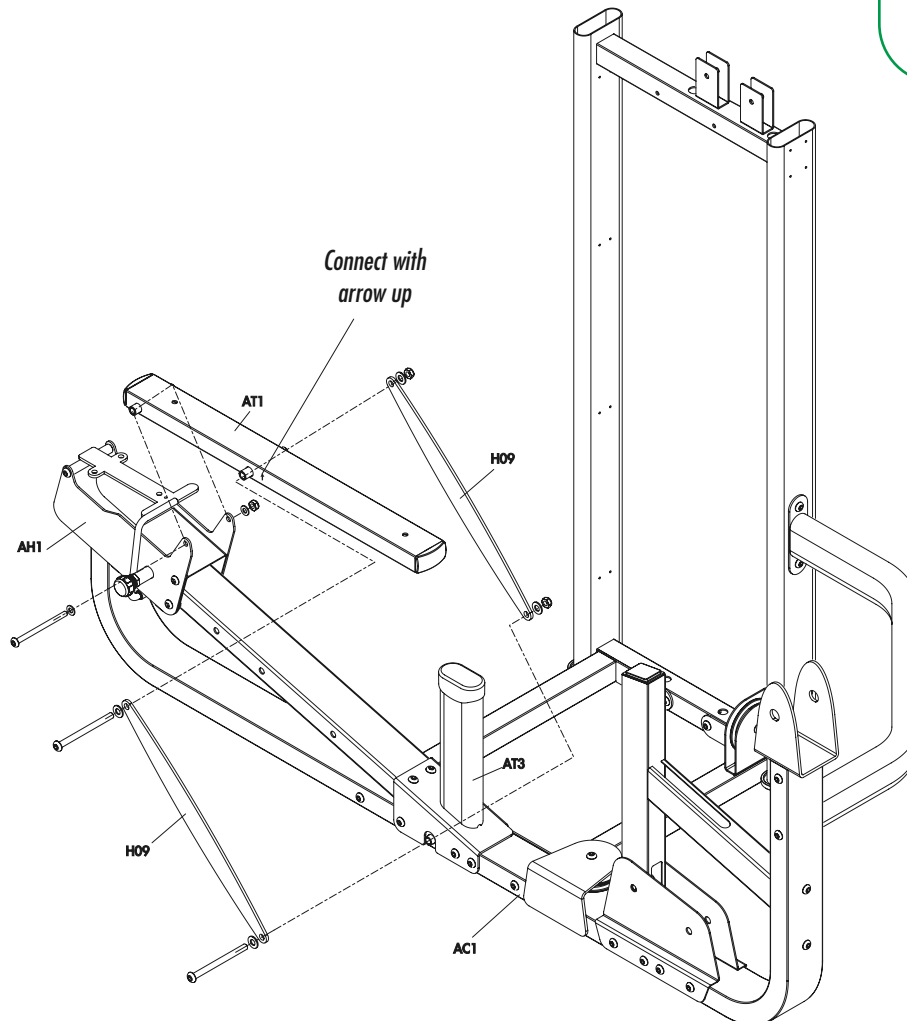


## STEP 4

## GREEN BAG

- Grab the seat back support (AT1) and align the holes at the end of the tube with the open holes in the sliding seat bottom assembly (AH1). Connect with arrow up using one bolt (M10x140), two flat washers (10.2x22x2), and a nylon nut (M10). Lay the seat back support so that it rests on seat back support post (AT3).

- On each side of the seat back support (AT1), attach the seat back connecting braces (HO9) using one bolt (M12x152), two flat washers (13x26x2.5), and one nylon nut (M12). Attach the other side of the connecting braces to the main floor support (AC1) directly underneath the seat back support post. Secure with one bolt (M12x152), two flat washers (13x26x2.5), and one nylon nut (M12).

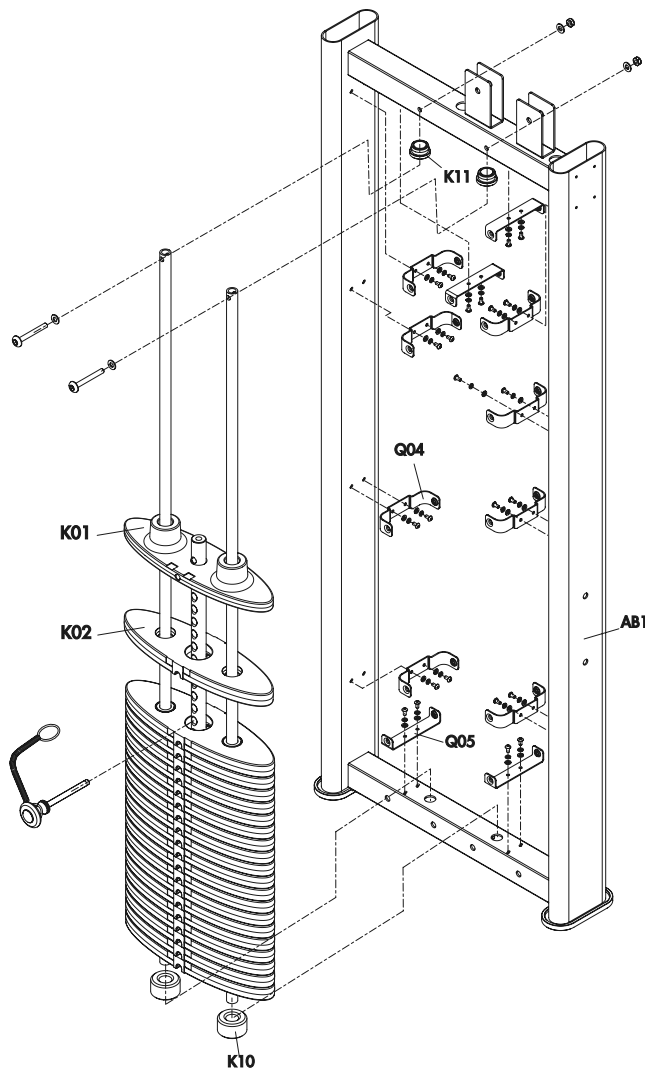


**STEP 5****BLACK BAG**

- Secure top and bottom shield brackets (Q05) to weight stack tower (AB1) using bolts (M5x10), flat washers (5.2x10x1.5), and lock washers (5.1x9.3x1.3) provided. Repeat for all side brackets (Q04).

- Place two rubber weight plate bumpers (K10) over the holes in the lower cross tube of the weight stack tower. With the horizontal holes of the guide rods at the bottom, place them over and through the rubber weight plate bumpers into the weight stack tower. Let the guide rods tilt outward from the tower. Slide each of the 20 weight plates (K02) over both of the guide rods on top of one another. Place the header weight plate (K01) over both guide rods on top of other weight plates.

- Slip the rubber guide rod sleeves (K11) over the top of the guide rods, then snap into holes in the weight stack tower. Lift the guide rods into top of weight stack tower until holes in the guide rod are lined up with the horizontal holes at the top of the weight stack tower. Insert a bolt (M8x62) and flat washer (8.4x15.5x1.6) through each guide rod and fasten with a flat washer (8.4x15.5x1.6) and a nut (M8).

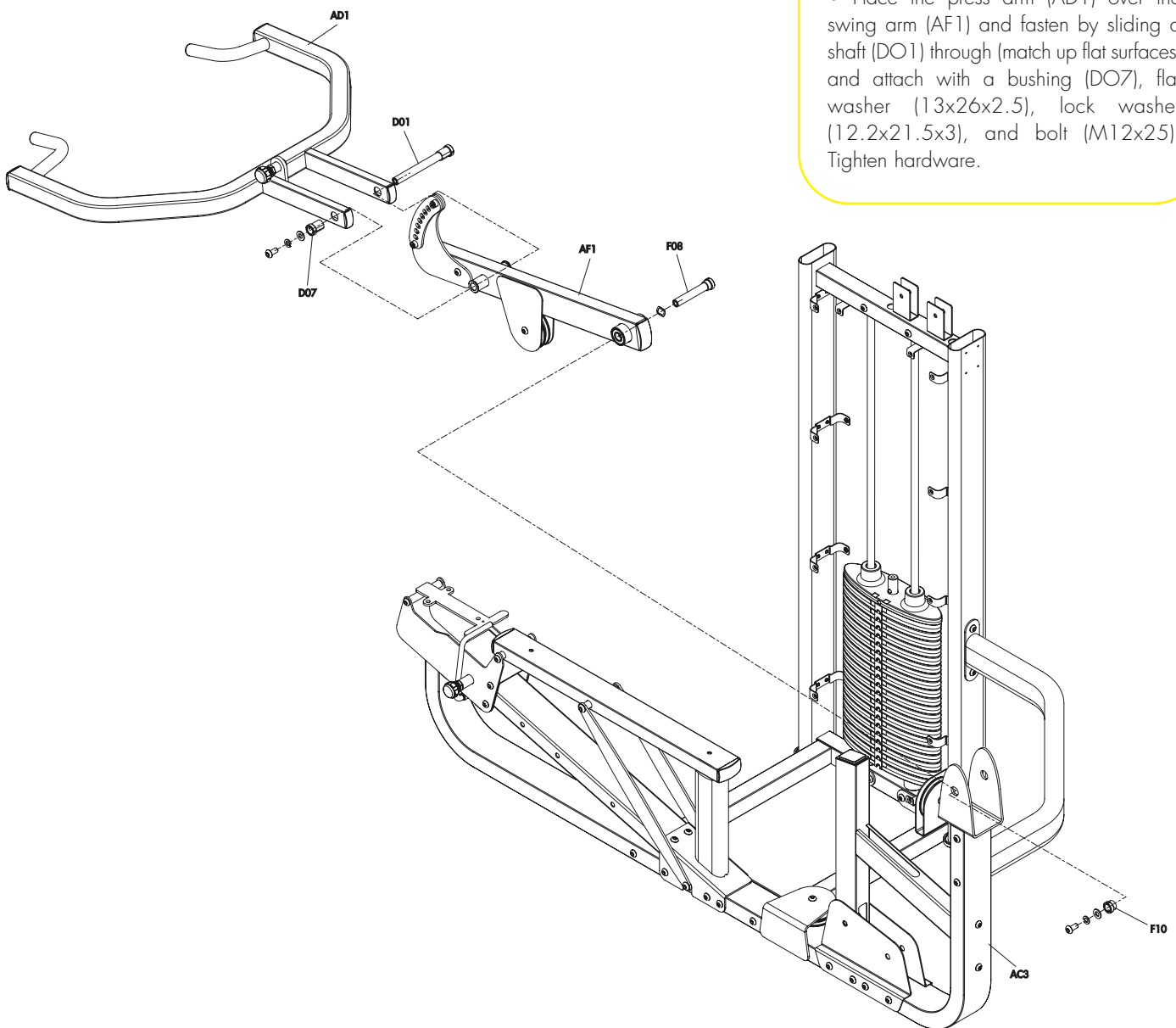


## STEP 6

## YELLOW BAG

- Attach the swing arm (AF1) to swing arm support (AC3) by guiding the small axle (FO8) through the bracket on the swing arm support. Once through the wall of the bracket, slide a wavy washer (20.7x29.1x0.3) over the axle, before sliding the axle through the swing arm (AF1). After exiting the opposite wall of the bracket (make sure to line the flat surface of the axle up with the flat on the bracket) attach a bushing (F10), flat washer (13x26x2.5), lock washer (12.2x21.5x3), and bolt (M12x25). Tighten hardware.

- Place the press arm (AD1) over the swing arm (AF1) and fasten by sliding a shaft (DO1) through (match up flat surfaces) and attach with a bushing (DO7), flat washer (13x26x2.5), lock washer (12.2x21.5x3), and bolt (M12x25). Tighten hardware.



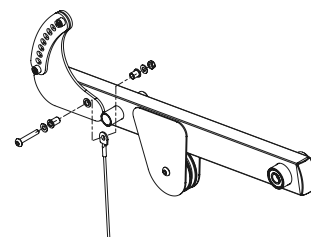
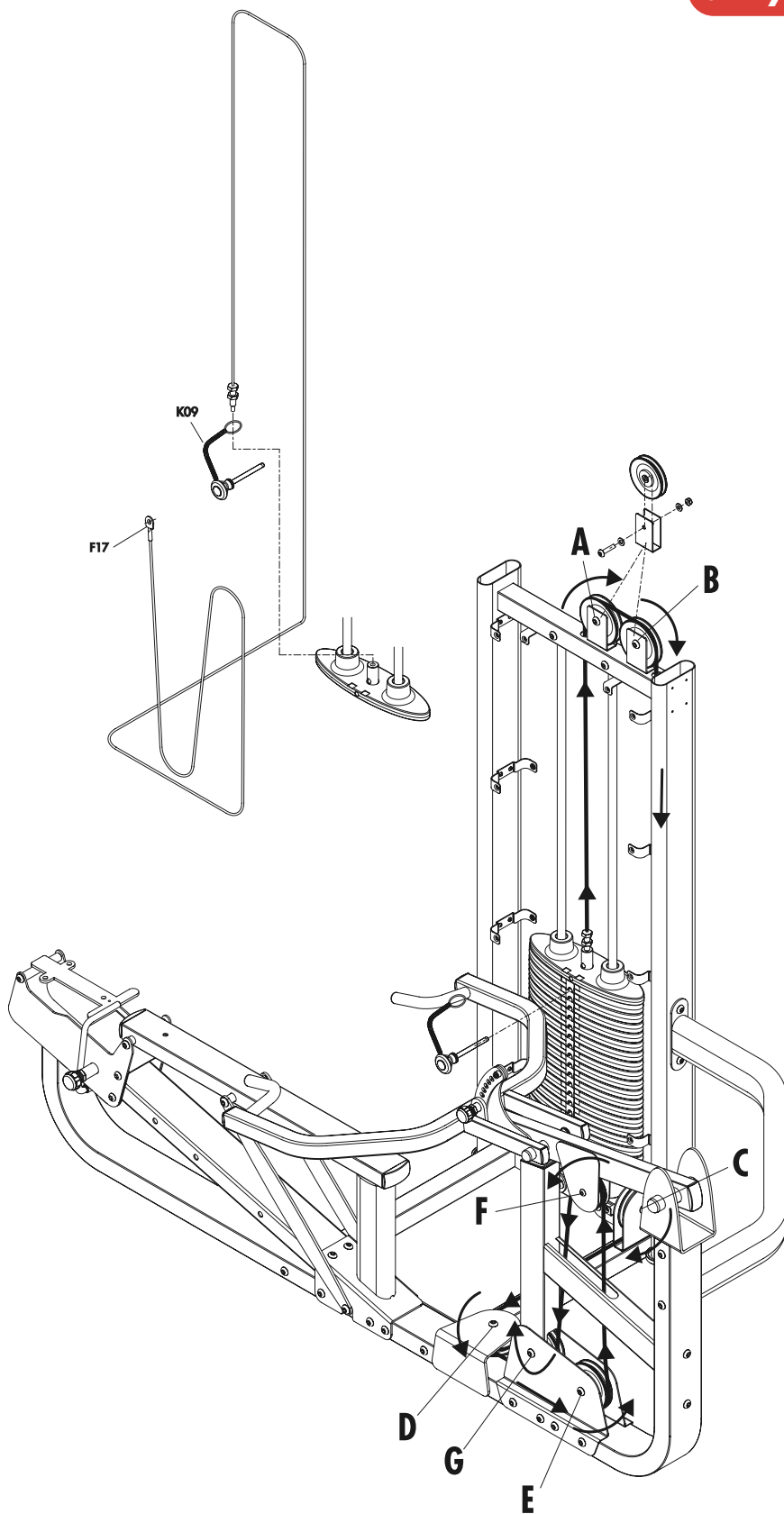


**STEP 7****RED BAG**

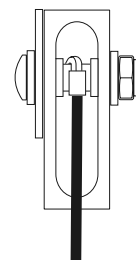
- Attach pulleys A and B to the weight stack tower with a bolt (M10x48), a flat washer (10.2x22x2) on each side, and a nut (M10).

- With loop end of cable (F17) in hand, guide it through hole in top of weight stack tower and around pulleys A and B. Follow the weight stack down to go around pulley C. Loosen pulley D and make sure the cable is routed between the pulley and the post. Retighten. Weave the cable around pulley E, F, and G. Terminate after placing the loop through the bottom of the swing arm tube, where it will be secured by sliding a 15x21.5 bushing, a bolt (M10x68), and a flat washer (10.2x22x2) through the hole in the swing arm and through the loop in the cable. Secure with another bushing (15x19.5), a flat washer (10.2x22x2) and a nylon nut (M10), after exiting the opposite side of tube.

- Remove nut on bolt end of cable and place the weight pin tether (K09) on bolt shaft. Thread the nut on the bolt end of the cable all the way to the head of the bolt. Thread the bolt into the header plate, making sure that there is a minimum of 0.5" of engagement. Secure by tightening nut onto header plate.



**Cable Termination  
Detail**



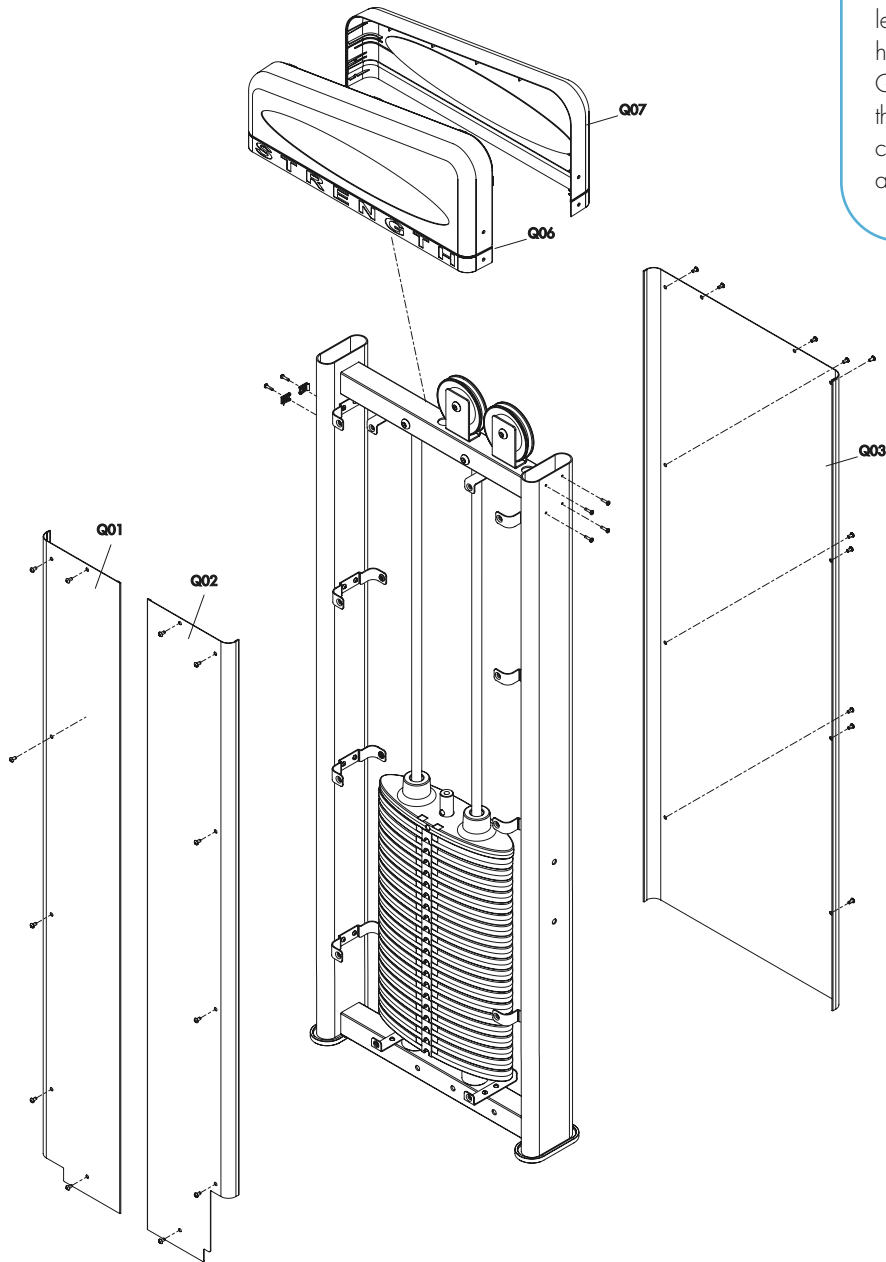
**Bottom View**

## STEP 8

## LIGHT BLUE BAG

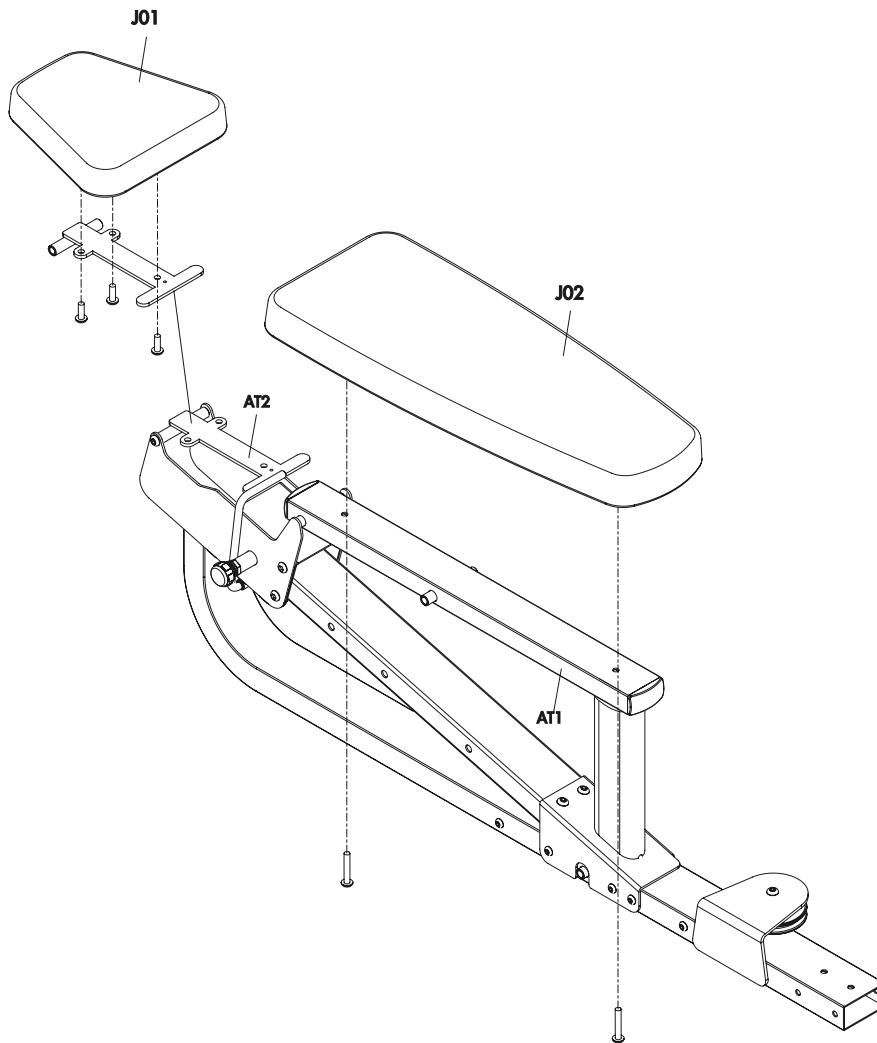
- Align holes in rear shield (Q03) with the holes in the brackets on the back side of the weight stack; secure using 10 bolts (M5x10). Take the left (Q01) side shield and repeat on front side of weight stack tower using six bolts (M5x10). Tighten interior brackets (B09 & B10). Attach right side shield (Q02) with six bolts (M5x10).

- Place slip-on nuts over the holes of the left weight stack tower upright. Snap two halves of top cover together (Q06 & Q07). With tallest point facing the rear of the machine, place the assembled top covers on top of the weight stack tower and secure using six screws (M5x15).



**STEP 9****PURPLE BAG**

- Secure seat bottom (JO1) to seat bottom frame (AT2) using three bolts (M10x30).
- Secure seat back (JO2) to seat back support (AT1) using two bolts (M10x60).



## **RESISTANCE TRAINING BENEFITS AND TIPS**

Always consult a physician before starting an exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of resistance training. Now that you have assembled your VISION FITNESS gym, it is only natural that you want to get started immediately. First, determine a few realistic, short term goals and expectations for yourself. Choose an appropriate exercise routine that best suits your individual needs. Any of the 3 programs, explained in the Training Programs section below, is a great starting point.

Warm up properly before engaging in resistance training. Stretching, yoga, jogging, calisthenics, or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and ensure that you work the proper muscle groups.

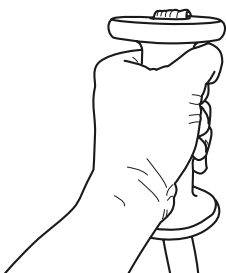
Know your limitations. If you are new to resistance training or are starting back, after an extended layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. As a general rule of thumb: inhale on the non-exertion part of the movement and exhale during the exertion portion. Never hold your breath.

Keep in mind how important the recovery phase is in achieving your goals. The general rule is to allow a minimum of 48-72 hours before training the same muscle/s. If you still experience soreness after this period of time has elapsed, take a few additional days until the soreness has subsided.

Use this manual to guide you through the basic exercises you can perform on your VISION FITNESS gym. To achieve maximum results and avoid possible injury, consult a fitness professional to formulate a complete exercise program.

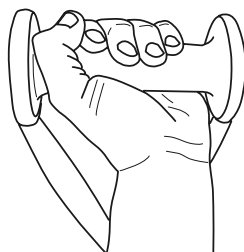
### **WORKOUT VARIATIONS**



**NEUTRAL GRIP**



**OVERHAND OR PRONATED GRIP**



**UNDERHAND OR SUPINATED GRIP**

## **TRAINING PROGRAMS**

### **MUSCULAR ENDURANCE**

A program that stresses moderate intensity, a lower amount of resistance, and higher repetitions (anywhere from 13-100 or more). These types of sets will take longer to complete. This type of training conditions the muscles for activities that stress the slow twitch muscle fibers of your body. This is beneficial for sustaining energy over moderate periods of time.

### **MUSCULAR STRENGTH**

A program that stresses high intensity, a higher amount of resistance, and lower repetitions (anywhere from 6-12). These types of sets will take a shorter period of time to complete. This type of training conditions the muscles for activities that stress the fast twitch muscle fibers of the body. This is beneficial for activities that require short bursts of speed and power.

### **SPRINT 8**

This program is exclusive to VISION FITNESS exercise equipment. This is a program that stresses high intensity, a moderate amount of resistance, and as many repetitions that a person can perform in a specified period of time (usually 20-30 seconds). This program works especially well for the time crunched exerciser. It allows you to work both the slow and fast twitch muscle fibers of the body. This program gives you a good cardiovascular and strength workout. The thing that is most appealing about this program is that an individual can complete it in 20 minutes.

This is how the program works:

The person picks the number of exercises they want to perform. Examples would be 1, 2, 4, or 8 exercises. The individual completes a 3 minute warm up with a brisk walk or on a piece of cardiovascular equipment. After the warm up is complete, the user begins performing the first exercise maintaining a high intensity pace throughout the determined amount of time (20-30 seconds). After this period of time, the individual can perform an active, low intensity recovery phase, stretching, or complete rest. This should last 1.5-2 minutes or less, if you are at a higher fitness level. After the recovery phase, the individual performs the second high intensity exercise for the required amount of time (20-30 seconds). This is followed by the second recovery phase. This process repeats until you are done with 8 high intensity intervals. Finish the workout by completing a 3-5 minute very low intensity cool down.

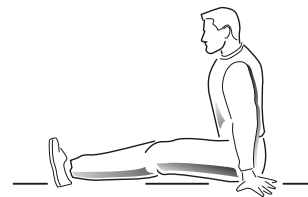
## STRETCHING

Flexibility Training is not associated with fitness as often as cardiovascular exercise or Strength Training, even though it is just as important. A good stretching program will help to maintain flexibility of the hips and lower back. A flexible person will be less likely to injure themselves in common activities, such as reaching, twisting and turning, or in uncommon activities such as the annual softball tournament.

Before stretching, take a few minutes to warm up the muscles because stretching a cold muscle can cause injury. Start your stretch slowly, exhaling as you gently stretch the muscle. Try to hold each stretch 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch offers less chance of injury. Don't strain or push a muscle too far. If it hurts, ease up. Here are a few stretches you can incorporate into your exercise program:

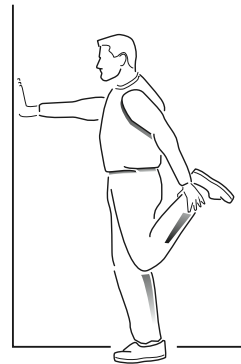
### SEATED TOE TOUCH (HAMSTRINGS & LOWER BACK)

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes, exhaling as you go. Hold for 15 to 30 seconds. Return to the start position, and repeat as necessary.



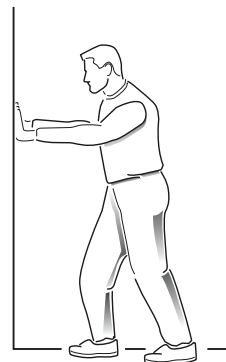
### STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing toward the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg, and continue to alternate as necessary.



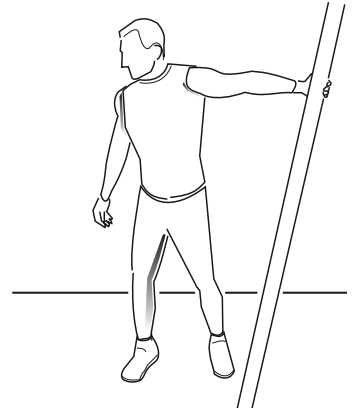
### STANDING CALF STRETCH

Standing about three to four feet from the wall, take one step forward with your right foot. Place your hands on the wall in front of you. Bend your right leg slowly, using your movement to control the amount of stretch in the left calf. Your left heel should remain on the ground. Slowly bring yourself back to the starting position and switch legs. Repeat as necessary.



### BICEP/CHEST STRETCH

Grasp an immovable object (pole or corner of a wall) with your feet planted firmly and evenly on the floor. With the palm of your stretched side facing forward, rotate your hips away from that hand. ***Be careful not to rotate too far or hyperextend the elbow joint.*** Hold the stretch for 15 to 30 seconds. Repeat with the opposite side, and continue to alternate as necessary.



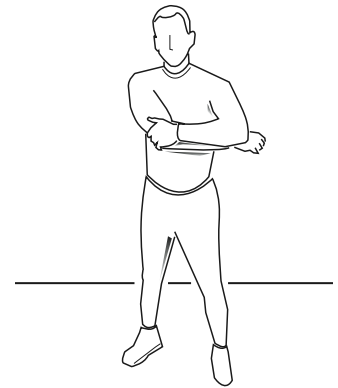
### TRICEP STRETCH

Stand erect with your eyes fixated straight ahead. Raise and bend your right arm until your forearm is parallel to the floor (palm down). Grasp the area below the right elbow with your left hand. Gently apply a constant upward force for 15 to 30 seconds. Switch arms and repeat as necessary.



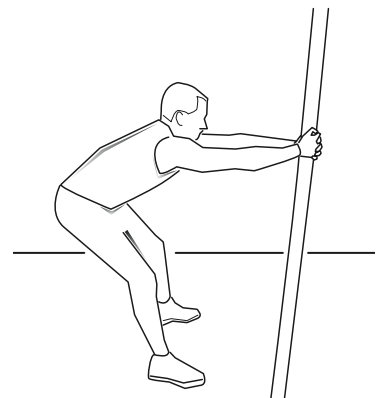
### SHOULDER STRETCH

Make sure your feet are even and planted firmly on the floor. Grasp your right arm, behind the elbow, with your left hand. While keeping both elbows bent, apply a gentle, constant pull to the left for 15 to 30 seconds. Switch arms and repeat as necessary.



### UPPER BACK STRETCH

Stand facing an immovable object, feet even and flat on the floor. Grasp the object (fingers interlocked or one hand over the other) and slowly move your hips to the rear. ***Be very careful not to round your back.*** Only stretch as far as your comfort zone. Hold for 15 to 30 seconds and repeat as necessary.



## MAINTENANCE SCHEDULE

### FOR *BEST* PERFORMANCE WE RECOMMEND THE FOLLOWING MAINTENANCE SCHEDULE:

Check the integrity and function of the following parts. Replace all worn components immediately.

<b><i>ITEM</i></b>	<b>DAILY</b>	<b>WEEKLY</b>
<b>CABLES</b> CHECK END FITTINGS AND CABLE JACKET COATING. CHECK TIGHTNESS OF WEIGHT STACK LOCKING NUT. REPLACE CABLES ANNUALLY.	•	•
<b>UPHOLSTERY</b> WIPE DOWN AND DRY. CLEAN AND CONDITION.	•	•
<b>FRAME</b> WIPE WITH WATER DAMPENED CLOTH AND DRY COMPLETELY. POLISH AND WAX.	•	•
<b>CHROME</b> WIPE WITH WATER DAMPENED CLOTH AND DRY COMPLETELY. POLISH AND WAX.	•	•
<b>NUTS/BOLTS/FASTENERS</b> TIGHTEN AND/OR ADJUST AS NEEDED.		•
<b>GUIDE RODS</b> LUBRICATE AND CLEAN.		•
<b>ADJUSTMENTS/LOCKING PINS/ TIGHTENING KNOBS</b>		•
<b>WEIGHT STACK PIN</b>		•
<b>WARNING/INSTRUCTION LABELS</b>		•
<b>ANTI-SKID GRIP TAPE</b>		•
<b>HAND GRIPS</b>		•



## **ST720 COMMERCIAL WARRANTY\***

**COMMERCIAL USES DEFINED** VISION FITNESS warrants the ST720 model Multi-Press for use in commercial facilities. Examples of commercial facilities include but are not limited to: Hotels; Resorts; Police and Fire Stations; Apartment Complexes; Rehabilitation and Sports Medicine Clinics; Hospitals; Elementary, Middle, and High Schools; YMCAs; Private Health Clubs; Colleges and Universities.

**FRAME, WELDS, WEIGHT PLATES, & GUIDE RODS - LIFETIME** VISION FITNESS warrants the Frame, Welds, Weight Plates and Guide Rods against defects in workmanship and materials for the life of the product, as long as it remains in the possession of the original owner.

**BUSHINGS, ROTATING BEARINGS, & PULLEYS - FIVE YEARS** VISION FITNESS warrants these components against defects in workmanship and materials for a period of five years from the date of original purchase, so long as the device remains in the possession of the original owner.

**CABLES, LINEAR BEARINGS, SHAFTS, & OTHER PARTS - ONE YEAR** VISION FITNESS warrants these components against defects in workmanship and materials for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

### **EXCLUSIVE REMEDY**

The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts.

### **EXCLUSIONS AND LIMITATIONS**

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective frame, electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the product as sold. This warranty does not cover failure to follow instructions and warnings in the Owner's Guide or failure to provide reasonable and necessary maintenance. This warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific rights and your rights may vary from state to state.

### **WARRANTY REGISTRATION**

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at [www.visionfitness.com](http://www.visionfitness.com). Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new treadmill. Thank you for selecting a VISION FITNESS product.

\*ST720 Commercial Warranty valid in North America only

**Week #**

**Weekly Goals:** \_\_\_\_\_

**Scheduled Workout Time:** \_\_\_\_\_

**Reward:** \_\_\_\_\_

<b>Day</b>	<b>Date</b>	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
<b>Totals</b>					

**Week #**

**Weekly Goals:** \_\_\_\_\_

**Scheduled Workout Time:** \_\_\_\_\_

**Reward:** \_\_\_\_\_

<b>Day</b>	<b>Date</b>	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
<b>Totals</b>					

Week #

**Weekly Goals:** \_\_\_\_\_

**Scheduled Workout Time:** \_\_\_\_\_

**Reward:** \_\_\_\_\_

<i><b>Day</b></i>	<i><b>Date</b></i>	<i><b>Exercise</b></i>	<i><b>Sets</b></i>	<i><b>Reps</b></i>	<i><b>Weight</b></i>
<i>Sunday</i>					
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<i><b>Totals</b></i>					

Week #

**Weekly Goals:** \_\_\_\_\_

**Scheduled Workout Time:** \_\_\_\_\_

**Reward:** \_\_\_\_\_

<i><b>Day</b></i>	<i><b>Date</b></i>	<i><b>Exercise</b></i>	<i><b>Sets</b></i>	<i><b>Reps</b></i>	<i><b>Weight</b></i>
<i>Sunday</i>					
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<i><b>Totals</b></i>					

**Week #**

**Weekly Goals:** \_\_\_\_\_

**Scheduled Workout Time:** \_\_\_\_\_

**Reward:** \_\_\_\_\_

<i><b>Day</b></i>	<i><b>Date</b></i>	<i><b>Exercise</b></i>	<i><b>Sets</b></i>	<i><b>Reps</b></i>	<i><b>Weight</b></i>
<i>Sunday</i>					
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<i><b>Totals</b></i>					

**Week #**

**Weekly Goals:** \_\_\_\_\_

**Scheduled Workout Time:** \_\_\_\_\_

**Reward:** \_\_\_\_\_

<i><b>Day</b></i>	<i><b>Date</b></i>	<i><b>Exercise</b></i>	<i><b>Sets</b></i>	<i><b>Reps</b></i>	<i><b>Weight</b></i>
<i>Sunday</i>					
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<i><b>Totals</b></i>					

Week #

**Weekly Goals:** \_\_\_\_\_

**Scheduled Workout Time:** \_\_\_\_\_

**Reward:** \_\_\_\_\_

<i><b>Day</b></i>	<i><b>Date</b></i>	<i><b>Exercise</b></i>	<i><b>Sets</b></i>	<i><b>Reps</b></i>	<i><b>Weight</b></i>
<i>Sunday</i>					
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<i><b>Totals</b></i>					

Week #

**Weekly Goals:** \_\_\_\_\_

**Scheduled Workout Time:** \_\_\_\_\_

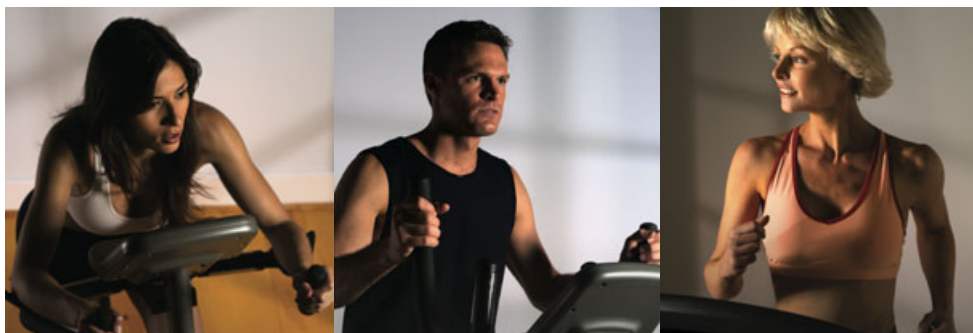
**Reward:** \_\_\_\_\_

<i><b>Day</b></i>	<i><b>Date</b></i>	<i><b>Exercise</b></i>	<i><b>Sets</b></i>	<i><b>Reps</b></i>	<i><b>Weight</b></i>
<i>Sunday</i>					
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<i><b>Totals</b></i>					





*it all  
starts  
with a  
v i s i o n*



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